

JULY 2025

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



In partnership with



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SCAN QR CODE TO ACCESS OUR CENTER'S LINKTREE!</p> 	<p>CENTER HOURS: Monday-Friday 9:00AM-6:00PM **CLOSED FOR LUNCH 1:00PM-2:00PM** Saturday 9:00AM-2:00PM</p>	<p>PLAY AREA HOURS: Tuesday & Wednesday 9:30AM-12:30PM, 2:30PM-4:30PM **CLOSED FOR LUNCH 1:00PM-2:00PM** Friday-Saturday 9:00AM-12:30PM</p>		 <p>CENTER CLOSED</p>	
<p>7</p> <p>9:15AM-9:45AM Baby Fun Zone (6M-11M) 9:30AM-10:30AM Learning Garden (3Y-5Y) 10:00AM-11:00PM - Explore, Learn & Play (Crawlers ONLY) - OFFSITE: Strolling through the Park (All Ages: 0-5Y) 11:00AM-12:00PM Summer Wonderland (1Y-2Y) 11:30AM-12:30PM Sensory Seekers (1Y) 12:30PM-1:30PM Zumbini (2Y-3Y) 3:30PM-4:30PM Monday Movers (2Y) 5:00PM-6:30PM Men Supporting Men (P)</p> <p>1ST WEEK OF SESSION! ➔</p>	<p>8</p> <p>9:30AM-10:30AM - VIRTUAL: Discover Math (2Y) - Jugando Juntos (1Y) 10:00AM-11:00AM VIRTUAL: Read with Me (3Y) 10:30AM-12:30PM Crianza con Cariño (P) SPA ONLY 11:00AM-12:00PM - Musical Tuesday (2Y) - Creative Corner (3Y) 2:30PM-3:30PM Things that Move (2Y) 3:00PM-5:00PM HYBRID: T.E.A.M. Dad (P) 5:00P-6:00PM ABC Part I (4Y-5Y)</p>	<p>9</p> <p>10:00AM-11:00AM Reading Together (4Y-5Y) 10:00AM-12:00PM HYBRID: Roots & Wings: Growing Strong Black Futures (P) ENG ONLY FOR AA/BLACK FAMILIES 11:00AM-12:00PM - VIRTUAL: What's in the Ocean? (4Y) - Kid Kuisine (4Y) 12:00PM-1:00PM My 5 Senses (2Y) 2:30PM-3:30PM Super Dads & Sidekicks (2Y-5Y) 4:30PM-5:30PM Sanja Mann (P) PUNJABI/HINDI ONLY 5:00PM-6:00PM Reading Room (4Y-5Y) 6:00PM-8:00PM Hacer de la Familia un Placer para Parejas (P) SPA ONLY</p>	<p>10</p> <p>9:00AM-10:00AM - Help Me Grow - By invite only - Infant Massage (6W-5M) SPA ONLY 10:00AM-11:00AM Anansi Adventures (2Y-5Y) 10:00AM-11:30AM Mamá con Mamá (P) SPA ONLY 10:30AM-11:30AM Help Me Grow - By invite only 11:30AM-12:00PM OFFSITE: Number Explorers (2Y-5Y) 12:00PM-1:00PM Fantastic Fine Motor (2Y) 5:00PM-6:00PM Experiment Thursdays (4Y)</p>	<p>11</p> <p>9:30AM-10:30AM Melanin Moments: Infant Massage (6W-5M) ONLY for AA/Black Families 10:00AM-11:00AM Calm Minds, Happy Families (P) ENG ONLY 11:30AM-12:30PM Afro Alphabets (3Y-5Y) 2:30PM-3:30PM Danzability (2Y-3Y) 3:30PM-4:30PM Folklorica (4Y-5Y)</p> <hr/> <p>10:00AM-1:00PM FOOD PANTRY</p> <p> FOR PARTICIPATING FAMILIES</p>	<p>12</p> <p>CENTER CLOSED</p>
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July-August 2025 Session: Class Descriptions

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



Children Classes

VIRTUAL CLASSES (THROUGH ZOOM):

Discover Math (2 years)

This class will use fun and interacting activities to discover math.

Read with Me (3 years)

The objective of this class is to encourage daily reading in children. Also in class the children will share which was their favorite book of the week. And the activities of the class will be appropriate to their age supporting the best development of all their activities.

What's in the Ocean? (4 years)

This virtual class takes a deep dive into the ocean to explore the creatures that live there through storytimes and art activities.

OFFSITE CLASSES (TAUGHT OUTSIDE OUR SITE):

Number Explorers (2 years to 5 years) ENROLLMENT THROUGH PITTSBURG PUBLIC LIBRARY

A foundational class to introduce and develop your child's understanding of numbers, from recognizing and naming them to understanding their relationships and use in everyday situations.

IN-PERSON CLASSES:

Infant Massage (6 Weeks to 5 Months) SPANISH ONLY

Class taught by a certified infant massage instructor. The first week parents will receive information about the importance and benefits of infant massage. The next 5 weeks a series of fun and loving massages are carefully incorporated in order to help parents develop a deeper bond with their babies and perhaps benefit their health, development and emotional health.

Melanin Moments: Infant Massage (6 Weeks to 5 Months) FOR AA/BLACK FAMILIES ONLY

Join us for a nurturing and empowering class designed specifically for African American families to explore the many benefits of infant massage. In this culturally affirming space, caregivers will learn gentle, hands-on techniques to help their babies relax, sleep better, and feel secure.

Baby Fun Zone (6 Months to 12 Months)

Activities that are fun and entertaining will help promote infant development and early learning.

Explore, Learn, & Play (FOR CRAWLERS ONLY)

Children get to explore, learn and play, while they interact with other children. Parents/caregivers get to observe and learn about their child's development. This approach will help deepen their connections and set the foundation for raising independent, self-confident, resilient kids.

Jugando Juntos (1 year) SPANISH ONLY

How do we play together? In this class, we'll practice the basics of using space, sharing toys, and continuing to build important skills for this stage of development.

Little Hands (1 year)

How can we explore kids' natural curiosities? In this class kids will be encouraged to explore and develop new skills at their own pace.

Play Lab (1 year)

This class is designed to stimulate a child's development through play, exploration, and social interactions. featuring a mix of guided activities and free play, like sensory, fine and gross motor skills.

Sensory Seekers (1 year)

In this class we will work on age appropriate multi-sensory activities that are designed to encourage infants with their tactile, visual and auditory stimulation.

Ready Play (1 year to 2 years)

Children will do a variety of hands-on activities that parents can continue at home with their child by using different home materials.

Summer Wonderland (1 year to 2 years)

How can we have fun during this hot weather? In this class we are

going to explore fun activities for summer.

Fantastic Fine Motor (2 years)

In this class children will focus on developing and improving the ability to use small muscles in the hands, finger, and wrist for precise movements. Great to inhale coordination and control which are essential for tasks like writing, drawing, cutting and manipulating objects.

Monday Movement (2 years)

Come and move along with your child while exploring additional gross motor age-appropriate activities that can be practiced at home as well.

Musical Tuesday (2 years)

Singing songs and playing music together is the objective of this class.

My 5 Senses (2 years)

This class is designed to introduce young learners to the world through their senses. By having engaging activities, children will explore sound, smell, taste, sight and touch.

Terrific Toddlers (2 years)

In this class we will explore many fun activities in order to practice many important skills like problem-solving, exploring and socializing.

Things that Move (2 years)

How do things move? In this class, we will work to learn about all the things that move around us including ourselves. Some activities include ball and car ramps and obstacle courses.

Danzability (2 years to 3 years)

All abilities and disabilities dance class and creative movement class provide children a creative outlet through dance!

Zumbini (2 years to 3 years)

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

Anansi Adventures (2 years to 5 years)

Join us on a playful journey through the rich world of African mythology with the clever and mischievous spider, Anansi! In this interactive class, children will explore traditional Anansi stories through storytelling, music, movement, art, and pretend play. This class celebrates African culture and imagination while supporting young children's growth in a fun, engaging, and developmentally appropriate way.

Super Dads & Sidekicks (2 years to 5 years)

Join us for a superhero adventure. This class will focus on strengthening father-child bonds while encouraging creativity, social skills, and motor development.

Creative Corner (3 years)

What can you create? In this class we will explore our creativity. Each class will provide an opportunity to practice and learn many skills in a fun way while creating art.

Math Art (3 years)

Children will be introduced to early math concepts like shapes, colors and counting through hands-on activities while developing basic math skills while creating art.

Afro Alphabets (3 years to 5 years)

Join us for a joyful journey through the alphabet that celebrates African heritage, culture, and identity! In this fun and engaging class, children will explore each letter of the alphabet through the vibrant lens of the *Afro Alphabet*, learning new words, songs, stories, and art activities that reflect the richness of the African diaspora.

Learning Garden (3 years to 5 years)

This class invites families to explore the wonders of nature through a variety of activities, projects and stories. In this class we will be using our indoor classroom as well as our outside space.

Experiment Thursdays (4 years)

This class offers kids a hands-on introduction to the world of science through engaging experiments.

Kid Kuisine (4 years)

Welcome your child in the kitchen and enjoy/encourage their age-appropriate cooking in our Kid Kuisine Class. Cooking is a special and important skill for children, where measuring, mixing,

peeling, etc., are all learnt in a fun way. Tailored towards early learners' age.

[ABC Part I \(4 years to 5 years\)](#)

In this class, children will be taught the letters of the alphabet through art. Children will have the opportunity to turn each letter of the alphabet into a different object. It is a fun, child-centered approach to teaching literacy through synthetic phonics. With the actions of each of the 26 letter sounds, the multi-sensory method is very motivating for children. Using different multisensory methods, children learn how to form, explore, and write letters.

[Folklorico \(4 years to 5 years\)](#)

Ballet Folklorico, a dance tradition steeped in Mexican culture, provides children with a way to connect with their Latin heritage while developing gross motor skills, coordination, pattern making, and memory—all important skills for school readiness.

[Reading Room \(4 years to 5 years\)](#)

Get your listening ears and looking eyes ready for this story adventure! In our reading room class students will be exploring a new book and theme every week.

[Reading Together \(4 years to 5 years\)](#)

The objective of this class is to encourage daily reading in children. Also in class the children will share which was their favorite book of the week. And the activities of the class will be appropriate to their age supporting the best development of all their activities.

[Strolling Through the Park \(ALL AGES: 0-5 years\)](#)

Join us for a refreshing parent-child class that combines light fitness and meaningful conversation! *Strolling in the Park* invites parents and caregivers to come together for a guided walk in Buchanan park, promoting wellness and connection. As we stroll, we'll discuss relevant parenting topics, share experiences, and build a supportive community. Bring your stroller, walking shoes, and your parenting questions!

[Crianza con Cariño - SPANISH ONLY 10 WEEKS](#)

Goal: To make "Loving Parenting a way of life." Loving Parenting classes focus on teaching parents and children how to take care of themselves, others, their environment, their pets, and their belongings, thus avoiding the dangers of drugs, alcohol, and other harmful activities.

[Hacer de la Familia un Placer para Parejas - SPANISH ONLY](#)

The goal of this class is to recognize that each home is unique, enabling both parents to agree on a parenting style and for this style to be carried out in a loving and positive environment.

[Mamá con Mamá - ONLY FOR SPANISH SPEAKING MOTHERS](#)

Looking for an opportunity to talk with other moms about their questions, joys, and challenges as a mom? Each week, this class will meet to discuss various parenting topics, such as staying organized, discipline, healthy food ideas, and more. It's more than a class: it's a support group: Moms Helping Moms!

[Men Supporting Men - BILINGUAL- SPA & ENG](#)

MEN SUPPORTING MEN is a weekly gathering that offers a safe space for men to connect, share their stories, and support one another through life's challenges. Our aim is to foster an open environment where vulnerability is welcomed, and self-awareness is deepened. This group will be led by Luis Marroquin, who brings a decade of experience working with men's groups across the Bay Area. Luis is also the co-founder of The Peaceful Warriors, a men's group that hosts healing circles in San Francisco, Oakland, and Concord.

[Sanja Mann - ONLY FOR PUNJABI/HINDI SPEAKING FAMILIES](#)

Focused towards all Punjabi/Hindi/Urdu speaking families, this class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

Parenting Classes

VIRTUAL CLASSES (THROUGH ZOOM):

[Sisters in Parenting - ONLY FOR AA/BLACK MOTHERS/CAREGIVERS](#)

Sisters in parenting is a safe space for African American/ Black Moms to come together to discuss culturally relevant parenting and family life topics. This group focuses on sharing, connecting and community building.

- 07/08/2025
- 08/22/2025 SOCIAL

HYBRID CLASSES (THROUGH ZOOM & IN-PERSON):

[T.E.A.M. Dad - ENGLISH ONLY](#)

CALLING ALL CENTER DADS

Teach, Experience, And Meaningful Conversations
What does it mean to you to be a DAD? A space for dads where they can discuss things that matter the most to them and their families. Teach other dads and learn from different experiences. Have meaningful conversations about things dad's experience on a daily. Discuss tips and tricks, share resources and more!

[Roots & Wings: Growing Strong Black Futures - ENGLISH ONLY - FOR AA/BLACK FAMILIES](#)

This 6- week joyful, affirming class is designed to support Black families in nurturing strong cultural roots and helping their youngest children soar. The class will bring families together in a warm, interactive space that celebrates cultural pride, community connection, and parenting wisdom rooted in Afrocentric values.

IN-PERSON:

[Abriendo Mentes, Cerrando Estigmas "A.M.C.E." - SPANISH ONLY](#)

Your family's mental and emotional health starts with you. Come learn how to support your mental and emotional health.

[Calm Minds, Happy Families \(P\) - ENGLISH ONLY](#)

Join us for this 6 week mindfulness program designed for parents of small children helping them promote emotional regulation, self awareness, and compassion in their children. Our expert mindful coach will lead you through these interactive sessions in order to guide you towards a more peaceful and harmonious home life.

Events

ENROLLMENT REQUIRED AND CAN BE ACCESSED THROUGH OUR REGULAR ENROLLMENT FORM

[07/30/2025 11:30AM-4:00PM - Daddy & Me Social @ Antioch Waterpark](#)

Join us for a DADDY AND ME social filled with summer fun. This social will be at Antioch Water Park. This social is for dads and kids to bond and enjoy quality time together in the community.

[08/26/2025 10:00AM-11:00AM - East Bay Regional Parks: The Life of Mammals \(2 years to 5 years\)](#)

Join us for this one-time special presentation from East Bay Regional Parks. Naturalists will bring some fun and engaging activities for the children to explore the life of Mammals.

[08/28/2025 Daddy & Me Social](#)

Join us for a DADDY AND ME social. More information will be provided closer to the date!